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## SING FOR SLENDER THROATLINE

Film Star Says Singing  
Beats Any Exercise  
For Keeping Throat  
Slim.

(By Antoinette)

"You may not have an operatic  
voice," declares Jane Froman, lovely  
film star, "but you can develop a  
graceful throat line by singing."

"Opera stars today are no longer  
the overweight people they formerly  
were. Motion pictures have changed  
all that. And yet, even with those  
divas who are not svelte, a graceful  
neck and throat is the rule. I have  
found that singing is even better  
than massage since, by using the  
vocal cords and stretching the mus-  
cles in the correct method singing—  
it's important to stress that the  
singing must be done correctly—the  
muscles are exercised from within.  
No patting or rubbing can possibly  
stimulate as deeply or thoroughly  
from without as the exercise of the  
vocal muscles from within."

"Singing is, first of all, fun. Every-  
body likes to sing whether she has  
a voice or not, and in this way, even  
more than any other, this method is  
more efficacious than massage."

When singing, says Miss Froman,  
extend the chin forward. Sing with  
the head up. This lengthens the  
throat muscles and straightens cord-  
ed knots and lumps. Articulate clear-  
ly, pronouncing the words of a song  
distinctly and incisively. This will  
stimulate the cells under the chin  
and directly beneath the jaws. Do  
not strain for a note you can't reach,  
but hold those which you can as long  
as possible. This vibrates the entire  
throat from the vocal cords outward  
and acts much as does an electric  
vibrator working from the inside. It  
stimulates sluggish blood cells and is  
the finishing off tonic of the whole  
exercise.

### Canadian "Dry Ice" Plant to Be Established In South Wales

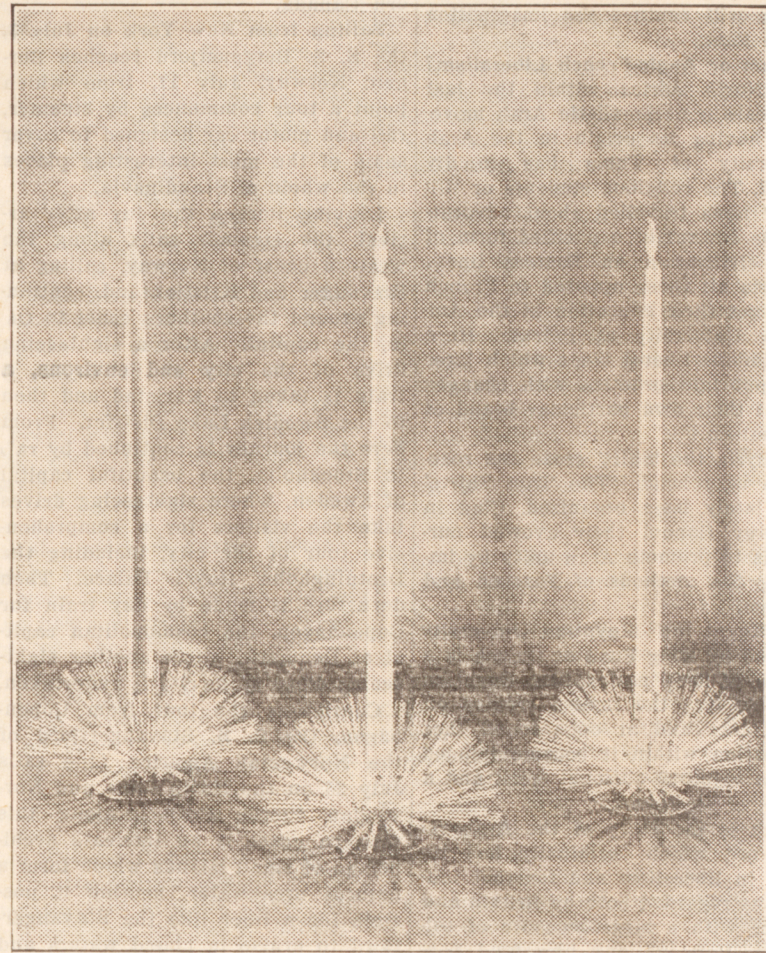
Canadian industry is branching  
out, as witness the negotiations now  
under way for the establishing of a  
branch plant of a Canadian company  
in South Wales to manufacture car-  
bon-dioxide, a by-product of coal, due to  
the abundance of cheap fuel, accord-  
ing to the Industrial Department  
the Canadian National Railways. The  
war played havoc with the coal trade  
of South Wales, foreign customer  
being compelled to obtain supplies  
elsewhere and to develop their own  
coal resources. More efficient firing  
appliances and the extended use of  
oil firing by the navies of the  
world and commercial vessels have  
added to the difficulties. Welsh steam  
coal being considered the finest in  
the world and consequently was much  
in demand. The present economic  
structure was founded on coal, the  
inauguration of the industrial age in  
the 18th century displacing the old  
pastoral and fishing industries in im-  
portance. With the general improve-  
ment that has taken place in trade,  
however, business in South Wales is  
beginning to look up. Increasing at-  
tention is being paid to agriculture  
and the growth in the number of  
minor or secondary industries is re-  
markable. Plans are also being laid  
to develop the tourist industry.

### Canned Apple Trade

In the canned fruit trade of Britain,  
the domestic supply of soft fruits,  
plums, etc., has a great bearing on  
the demand for canned apples which  
are put up in gallon cans. Last year  
there was an abundant crop of soft  
fruits, and also of apples, in Britain  
which seriously affected the trade in  
imported canned apples, according to  
the Industrial Department of the Can-  
adian National Railways. Canada's  
position in this trade, however, was  
strengthened somewhat last year due  
to shortage in some of the United  
States which supply a large per-  
centage of the demand.

... OF ...

## Interest to Women



HERE is a brand new idea in decorative candle holders that will give  
an added sparkle to your dinner or luncheon table when you entertain.  
Set your tall tapers in clusters of colored transparent drinking straws, which  
can be bought quite cheaply at most stores. They can very easily be made at  
home by tipping the ends of a bunch of the straws with colored sealing wax  
and fastening them to a plain low holder with a piece of wire round the middle.

### HOW TO MAKE EASTER DECORATIONS By Clementine Paddleford

#### Ducks

Materials: Candy Easter eggs in  
assorted sizes, yellow, white and  
orange (use jelly beans for little  
eggs), rounded top, flat bottomed yellow  
and orange gumdrops, candy corn  
whole cloves, toothpicks. Heads for  
smaller ducks are tiny jelly beans or  
those gumdrop fish sold in the ten  
cent stores.

Directions: To make one large  
duck (for swimming on a mirror  
lake) take one largest size candy egg  
in yellow or white, one candy egg a  
size smaller, one kernel of candy  
corn, one large orange or yellow gum-  
drop (flat-bottom round-top). Lay the  
large egg flat side down (most of  
them have one flattish surface) and  
on the top of the thickest end pierce  
a small hole with the scissors. Take  
the smaller egg and pierce a hole  
about the centre of the flattest side,  
then fasten the eggs together with a  
piece of toothpick. Be sure the small  
"head" egg is placed point end for-  
ward. Your model will now look  
something like No. 23. With the scis-  
sors, make a small gash across the  
back end of the head and push in the  
point of a grain of candy corn. Don't  
be forceful with the push, or the egg  
will split. Whole cloves make the  
eyes. Pierce a hole in the egg with  
the scissors before trying to push in  
the spine. Cut the large gumdrop in-  
to thin circles with the scissors and  
stick one of these on each side of  
the duck's back for wings (No. 24).  
Half circles of gumdrop are flat feet  
to tuck under the squat body. But  
only land ducks need feet. Those  
made to float on a looking glass pond  
must keep themselves flat to the  
glass. In making feet, use a circle  
cut from the bottom of the gumdrop.  
Then cut this in half. The sticky side  
of course, is fastened to the body,  
the sugar coated outside makes the  
bottom of the feet (No. 25 and 26).

Standing ducks require two yellow  
candy eggs (one a size larger than  
the other), one large orange gum-  
drop, one large black gumdrop, three  
kernels of corn, two toothpicks.  
Pierce a small hole in each end of  
the big egg. Push a toothpick part  
way into the hole in the large end  
of the egg. Then press the exposed  
toothpick into the bottom half of the  
black gumdrop which serves as a  
standing base. Next pierce a hole in  
the middle of the flat side of the  
smaller egg and with a toothpick fas-  
ten this to the tip of the larger egg  
(No. 27). Add a kernel of corn for

the bill, (exactly as for floating  
ducks), and use whole cloves for the  
eyes. Two thin circles cut from the  
orange gumdrop make the wings.  
Two kernels of corn tucked under  
the front of the egg are the duck's  
feet (No. 28).

For Little Quacks, use the smallest  
eggs with small jelly beans for the  
heads. Omit both bill and eyes.  
Something else that makes marvelous  
heads for these little ones are the  
hard gumdrop fish sold in the five  
and ten cent stores. Fasten them on  
tail end first for the duckiest duck  
heads ever seen. For wings cut cir-  
cles from the small size gumdrops  
using the bottom circle for feet (if  
feet are to be added) (No. 29 and 30).

Note: The handsomest ducks are  
the all-yellow ones, though yellow  
heads on white bodies with yellow  
wings looks well enough, and a few  
orange floaters are permissible. But  
stay clear of the lavender, green, pink  
or blue varieties. They look like no-  
thing but tropical birds escaped from  
the zoo.

#### Wheelbarrow

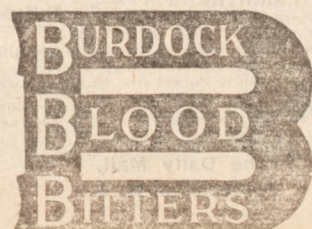
Materials: Penny match box (the  
all paper kind), button mold, four  
toothpicks, glue.

Directions: Using the inside box  
part of the match holder, cut away  
one end and trim the side pieces (No.  
31). Cut a slit with a sharp pocket  
knife or razor blade through the front  
bottom edge of the box and into this  
press the button mold (or a large  
button will do). This forms the front  
wheel (No. 32). Two toothpick legs  
come next. Push toothpicks through  
the bottom of the box, close to the  
sides and glue them (inside) to the  
sides of the box. Fasten the legs at  
a slant, wheelbarrow fashion. Glue in  
toothpick handles to extend from  
the open end of the barrow (No. 33).  
One coat of purple oil paint covers  
the box, toothpicks and button mold.

May Singhi Breen and Peter de  
Rose, NBC Sweethearts of the Air,  
are both of Italian parentage. When  
they met in a radio studio Miss Breen  
was leader of a girls' orchestra. The  
feminine band did a sudden fade-out  
when the Ukulele Lady (she plays  
the banjo and piano as well as she  
sings) and Mr. de Rose decided to  
form a radio partnership.

Admittedly, the League of Nations  
has its difficulties, but it is far from  
being entombed.—Anthony Eden.

### Itching, Burning, Stinging Eczema or Salt Rheum



Eczema or Salt Rheum as it is often  
called is one of the most agonizing of skin  
diseases.

The intense burning, itching, smarting,  
especially at night, or when the affected part  
is exposed to heat, or the hands placed in  
water, are almost unbearable.

Use Burdock Blood Bitters internally, and  
apply it externally. A few bottles are  
usually sufficient to afford relief from this  
torturing blood and skin disease.

## DRIED FRUITS A GOOD INVESTMENT

From Them Come Sugar, Minerals and, in Vary-  
ing Amounts, Vitamins

(By Edith M. Barber)

The discovery that foods could be  
preserved for future use by means of  
drying either in the sun or over a  
low fire marked an epic in the devel-  
opment of civilization. But this  
means primitive man was able to  
plan for the future instead of living  
from day to day.

The ancient method of sun-drying  
is still used in evaporating the water  
from the fruits which the abundant  
orchards on our West Coast provide.  
The hot dry air is an effective dry-  
ing agent. A certain amount of fruit  
is also dried mechanically by the  
process known as dehydration which  
is used abroad in damp climates.

Prunes, raisins, and apricots sup-  
ply the largest part of the annual  
supply of dried fruits. We have as  
well peaches, apples, figs and dates.  
California and Texas supply figs to  
supplement the many that are im-  
ported from southern Europe. From  
the far west we get a small but  
increasing supply of fine dates, most  
of which, however, come from Africa  
and Asia.

All these fruits supply us with fuel  
in the form of sugar, valuable miner-  
als and varying amounts of vitamins,  
and at a comparatively low price.  
Money spent for them is well invest-  
ed, both on account of their contri-  
butions to nutrition and because of  
the flavors which they add to our  
meals. Stewed or baked for break-  
fast or for a luncheon dessert, prunes,  
apricots and figs are always welcome.  
Dates, figs and raisins are popular

in their own simple form. In the  
preparation of breads, muffins, pud-  
dings, and cakes, they may also be  
put to good use.

#### Date and Nut Pudding

1 cup flour.  
2 teaspoons baking powder.  
1-2 teaspoon salt.  
1 egg.  
1 cup sugar.  
1 cup sliced dates.  
½ cup chopped nuts  
½ cup milk  
1 teaspoon vanilla.

Sift dry ingredients. Beat the eggs  
beat in the sugar gradually, add the  
sliced dates and chopped nuts. Stir in  
the milk and vanilla. Add dry ingre-  
dients. Spread the mixture on greas-  
ed shallow baking pan to form a lay-  
er about one-inch thick. Bake in a  
moderate oven, 350 degrees F., for  
one hour. Cut into squares when cold  
and serve with whipped cream or  
with a small ball of ice cream, or a  
pudding sauce.

#### Prune Souffle

5 egg whites  
1 cup sweetened prune pulp  
¼ teaspoon salt  
1 teaspoon lemon juice  
½ teaspoon grated lemon rind.  
Beat egg whites until stiff. Fold in  
sweetened prune pulp which has  
been forced through a strainer. Fold  
in salt, lemon juice and rind. Place  
in top of a well greased two quart  
double boiler, cover and cook over  
hot water one hour. Turn out of pan  
and garnish with whipped cream.

Cooked apricots, cranberries, fresh  
peaches or berries, sweetened to  
taste may replace the prune pulp.

## PITY THE PARTICULAR PALATE!

Like That, for Example, Which Cannot Discrim-  
inate Between Sweet and Sour

(By Edith M. Barber)

The sense of taste is a gift of the  
Gods which enables us to take with  
enjoyment the foods which are nec-  
essary for life. Some of us are more  
highly endowed with this sense than  
are others. Some of us have cultivat-  
ed this natural gift and others have  
done the opposite.

While all of us can discriminate be-  
tween sweet and sour and recognize  
such common flavors as those of salt  
and pepper, not every one can ana-  
lyze the blend of flavorings which are  
offered us in many of our dishes.

Can you, for instance, recognize the  
difference between natural and arti-  
ficial vanilla? Sometimes, I think  
that there are disadvantages in hav-  
ing a particular palate! There is  
nothing more delicate than the flavor  
of the vanilla bean which came into  
favor as soon as it was brought from  
its native Mexican home to Europe.  
Our earliest records show that the  
Aztecs ground the bean for use with  
chocolate and that it had been com-  
monly used long before the old world  
met the new world. Until fairly re-  
cently, the bean itself was used, but  
today most of us use the "extract"  
of the bean in its convenient liquid  
form.

A recent survey shows that vanilla  
is still the most popular flavor in ice  
cream and from that we may draw  
the conclusion that it is probably  
used more than any other flavoring  
for desserts, cakes and candies as  
well.

#### Chocolate Sauce

2 squares chocolate or 1-2 cup cocoa  
1 cup cold water.  
2 cups sugar  
Pinch salt  
2 teaspoons vanilla  
2 tablespoons butter

#### SPRING EQUINOX

While our whole wintry world has  
semblance borne  
Of death by frost and ice for vege-  
tation.

While living things in grief appear-  
ed to mourn

For vanished summer and the earth  
stagnation,

While everywhere was seen chill  
winter's hand,

Apparently in circumvention dire  
Of mortal wish for warmth upon the  
land . . .

Perchance we might on second  
thought admire

The busy Winter Spirit that in March  
Has stirred the sap within the  
maple tree,

Has whispered to the willow and the  
larch

That catkin time approaches and  
heart-free,

Has roused the crocus. Then with joy  
replete,

"Come Spring!" he cries, the ver-  
nal sun to greet. —E. S. T.

The artist should have the freedom  
of the world. We need European ar-  
tists more than they need ours.—  
Lawrence Tibbett.

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